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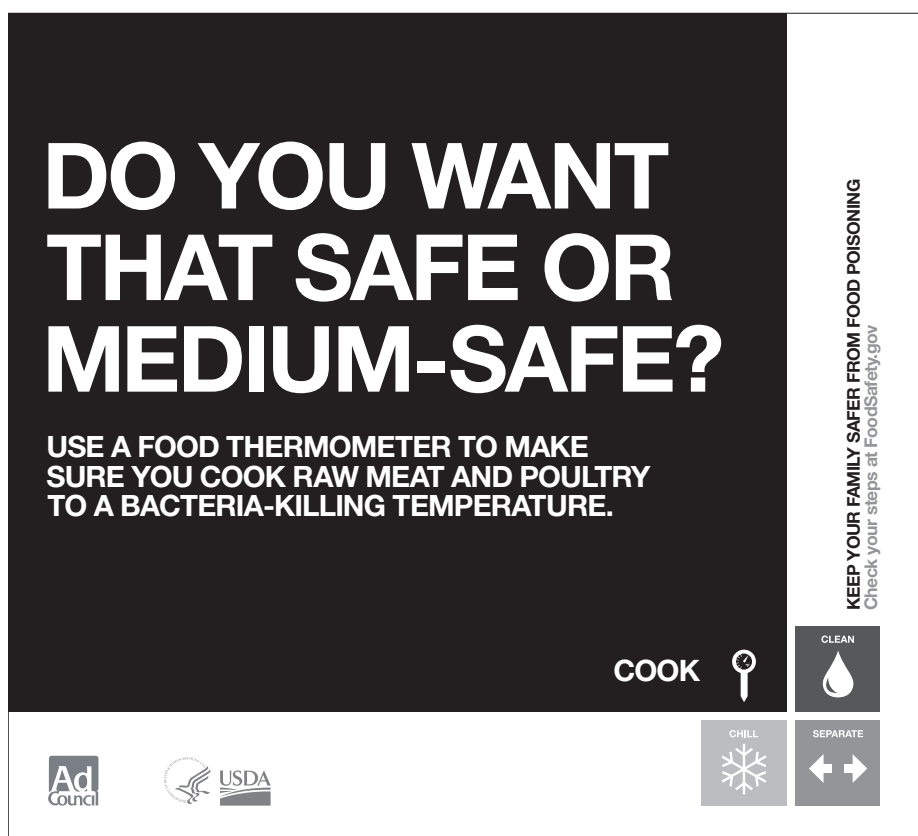
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HYGGE

A word that wraps you in **warmth**

BY CAMILLA MORTENSEN

Hygge. It's a noun. It's a verb. In Denmark, it's a way of life. When I think back on my childhood, growing up in a Danish household, the word *hygge* conjures memories of sitting on the sofa curled up with my dog, sipping hot chocolate in the glow of candlelight while it rains outside.

These days I'd probably spike the hot chocolate and turn it into an adult beverage.

The most common American translation I come across of the Danish concept of *hygge* is "cozy" or "coziness," but it's one of those terms that is so much a feeling and a way of life that it's hard to put into non-Danish words. But because Danish is both a difficult language to spell and pronounce, I'll stick with cozy.

Food can be *hyggelig* (the adjective form of *hygge*), cozy and comforting. It may be because we relate it to our childhood, or because someone we love once made it for us. One person's cozy may be utterly foreign to another. I feel *hyggelig* when I eat *gravad lax* (salt, sugar and dill-cured salmon) with mustard sauce. Someone else's *hyggelige* might be masala, cinnamon rolls or even meat you butchered yourself.

The theme for this Winter Chow is *hygge*, so whatever your *hygge* is in this cold rainy Oregon January, sit down, eat up and be happy. ■

CHOW EDITOR: RACHAEL CARNES

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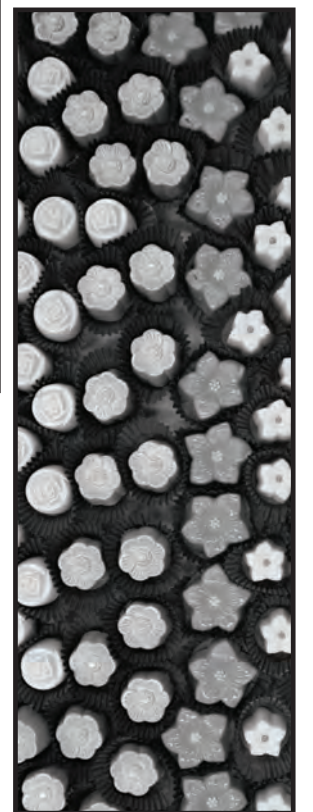
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PHOTOS BY TRASK BEDORTHA

EMOTIONALLY FATTENING

Beating the winter blues at **Party Downtown** BY WILL KENNEDY

Winter descends on the Willamette Valley like a moldy blanket. Even though I grew up around here, this weather can bring me down. The evening of Nov. 8 was prematurely dark and drizzly. It was also the one-year anniversary of Donald Trump's inauguration — which didn't help the mood. So my wife and I decided to hit Party Downtown for comforting food and a culinary pick-me-up. We wanted to know if a nice quiet meal and some conversation could cure the winter blues.

Not only did we find a delicious meal, we were surprised by a big announcement: starting in February 2018, the team behind Party Downtown will take over the deli at Friendly Street Market. "It's a perfect story in a way," Party chef and co-owner Tiffany Norton told us. Norton and her business partner and husband Mark Kosmicki launched their Party venture with Party Cart, a Friendly neighborhood staple for many years.

But more on that later. First, my wife and I wanted to eat.

Party's décor mixes a sort of southwestern feel with a touch of Icelandic brutalism. It's minimal but warm and inviting, and the service is always great.

For starters, my wife and I ordered the summery house-made smoked Anaheim queso sauce served with sweet potato chips, charred carrot escabeche and radish. Cold at first, the pickled veg was a bit of a surprise, but the bitter flavor mixed with the heat of the queso sauce ended up inspiring.

A wintry choice was made when we decided to split the delicious and complex smoked beet salad with blue cheese yogurt, pickled blueberry, arugula and shoestring beet.

As far as seasonal cooking is concerned, Norton told us she finds something to cherish in every season. She says to expect Party's frequently changing menu to get a little

Seeking a little bit of summer, I decided on the fried chicken with white barbecue sauce, a biscuit with melt-in-your-mouth bacon honey butter and southern greens with pepper vinegar.

My wife ordered the house-made smoked mushroom veggie burger, lettuce, butter pickled onion and white barbecue sauce on house-made brioche bun. She added pimento cheese. For a side dish, she chose the scandalously smooth turnip/parsnip puree.

Norton moved to Eugene from the warm and sunny South and struggled with the weather at first.

"I just stay busy," she explains. "As most people do when they move here, I had seasonal affective disorder for the first year. In a lot of places, you're like, 'Oh it's rainy today. I'm not going to go do anything. I'm just going to watch a movie.' You obviously can't do that here. You have to keep going. That's how I deal with it: stay busy. Now I love the winter."

My wife and I left Party warm, full and satisfied. With a new Party location opening just in time for spring serving breakfast, lunch and dinner specials —

what Norton calls "a slightly Southern twist" — there's a lot to look forward to. So, I'll pass the dark part of the year dreaming of eating Party's delicious food in Friendly Street Market's ample outdoor seating. Norton says she expects to be busy "any day that it's nice out." ■

Party Downtown is open from 5 pm to 9 pm Tuesday to Thursday, 5 pm to 10 pm Friday and Saturday, and 5 pm to 9 pm Sundays at 64 West 8th Alley. The new Party opens at 2757 Friendly Street. See PartyEugene.com.

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richer, "a little more decadent," as we move into the dark part of the year.

"I love every season at the beginning," she continues. "I get excited about the changes. By the end of it, I'm like 'Ok, I'm ready for the next one.' Summer is wild. There's a million choices. It's almost stressful. Winter is like, 'Ok, here are the ingredients we can get, so let's go for it.'"

Norton says Oregon truffles are some of her favorite things to cook with during this time of year.

LORETTA BIRKY IS THE
OWNER AND BAKER
AT COUNTRY BAKERY
IN HALSEY





HOME SWEET HOME

Halsey has a taste of home in Country Bakery

BY CORINNE BOYER

In a modular home in Halsey, Oregon, Loretta Birky stands behind a kitchen counter where a board sits over a stovetop that now holds a cash register. Across from the kitchen sits a broad wooden table and a dozen metal backing racks that are filled with pastries, cookies, pies and cakes. The screen door opens steadily at Country Bakery as customers come in to pick up their orders of freshly baked doughnuts, fruitcakes, pull-aparts and cake bread just before the holidays.

Birky greets everyone, and is so down to earth and gracious that it isn't obvious whether she personally knows everyone who walks in or if she's meeting them for the first time. Many people drive to Country Bakery off Peoria Road in Halsey and ask for the bakery's famous cinnamon rolls.

"It's me and one other girl," Birky says. She started out small with a sign on the side of the road during the summer as a teacher. "Nobody else had doughnuts," she says.

Country Bakery is open from 7 am until 5 pm every Friday and Saturday. Between greeting customers and discussing her baking schedule, she simultaneously answers the persistently ringing telephone.

Birky's baked goods hobby and roadside stand led her to quit her teaching job to bake full-time. She's been operating on three to four hours of sleep every Friday and Saturday night for the past 23 years.

"How would you like to do that for 23 years?" she asks. "I just baked one time."

And from there it took off. Baking that "one time" morphed into an unchanging schedule that allows the small business owner and Mennonite to operate with minimal assistance. She uses the kitchen and the dining area of her home — that was once owned by her grandfather — to sell baked goods, and the living room is set up for guests to congregate and enjoy their purchases with complimentary coffee. Adjacent to the living room is a gift shop with hand-sewn hot pads, clothes, books and aprons for sale.

On Tuesdays, Birky bakes cookies and freezes them. On Wednesdays, she makes bread. Pies and fruit cobblers are assembled on Thursdays; on Fridays, she prepares doughnuts.

These baked creations are produced from scratch in a small kitchen with a few industrial sized mixers and ovens. A food service truck delivers cooking supplies to Country Bakery.

Birky doesn't use preservatives so she recommends eating the breads and cakes within a few days and then sticking them in the refrigerator.

We left with lemon bars, a banana cake, a half dozen cinnamon rolls and lemon poppy seed bread and ate them within a few days. We froze a few cinnamon rolls and woke up on Christmas morning, popped them in the microwave and enjoyed gooey, rich icing with our cup of morning coffee.

And after baking for the last two decades, Birky says, "It's just like home to me." ■

Country Bakery is at 26615 Peoria Road, Halsey. Call 541-369-2968.

PHOTOS BY TODD COOPER

TEPPERMAN'S HOME MADE CHISTORRA,
A FAST-CURE BASQUE SAUSAGE, AND
CINNAMON SUGAR PORK RINDS



MEAT ISN'T JUST MURDER

Eugene Meat Collective teaches the ancient process of food preparation from butchery to sausage making **BY RICK LEVIN**

That hamburger you're biting into: An animal died for that. It was killed and bled out and cut up and ground down into a rosy mush by grand industrialized processes, only to appear on your plate as a circular chunk of flavorful protein, all prepared behind the glittery curtain of consumer convenience. Hey, presto!

This is not some morbid ideological statement meant to shame the meat-eating public but, rather, a simple and proper assertion of fact. And the fact that most of us are divorced from this fact — that the vast majority of us are not willing to slaughter, or even think about slaughtering the food we eat, and yet continue to eat it — is a bit of magical thinking that points to a serious rupture in our relationship to just about everything: food, nature, the cycle of life and death itself.

At Eugene Meat Collective (EMC), the idea is to stitch people back into a direct relationship with the meat they eat, and in so doing restore them to a mode of life that has held for the vast majority of human history, before it was disrupted in the past 200 years or so by mass industrialization and rampant consumerism — namely, our intimate involvement in feeding ourselves, instead of merely being fed. This is an extension of the farm-to-table movement, and so, quite literally, grassroots in nature.

In its mission statement, EMC lays out its “philosophy,” which doubles as a decent description of what, exactly, the collective offers: “...We believe that a shared, community-minded education in slaughter, butchery, meat cookery, and charcuterie can provide an effective and necessary

**JONATHAN TEPPERMAN, FOUNDER OF
EUGENE MEAT COLLECTIVE**



PHOTOS BY TRASK BEDORTHA

path to rethinking our food system. Plus, it's been our experience that food is far more pleasurable to eat when we are involved in the decisions that lead to its preparation.”

In other words, EMC is a private, hands-on butchery school where anyone interested in becoming more involved with the meat they eat can learn everything from slaughter and preparation to sausage-making and proper storage.

“The problem is disconnectedness from our food and the natural way of things,” says Eugene Meat Collective founder Jonathan Tepperman. He says he became part of this burgeoning national movement in a “roundabout” way, through a growing interest in wilderness survival and the urban homesteading he first encountered in Columbus, Ohio.

Influenced by journalist Michael Pollan, who advocates restoring food to its proper place in local homegrown culture, Tepperman became more and more passionate about sourcing his own food. “I had major issues with industrialized meat,” he says. “The adult thing to do is to kill an animal myself. There are no meat-eaters who have a leg to stand on when it comes to disparaging thoughts about hunters,” he adds, pointing out that it's often hunters who make the fiercest conservationists.

After relocating from Ohio to Eugene in 2015, Tepperman was introduced to Camas Davis, who in 2009 launched the first Meat Collective in Portland before going national with the Meat Collective Alliance in 2013. Davis urged Tepperman to head up a chapter in Eugene, and he's been going full bore ever since. In partnering with local chefs, he's offered classes on everything from lamb and pig butchering to clamming and pâté making to local restaurants, culinary kitchens and even campgrounds.

For Tepperman, the idea of reconnecting people with the ancient processes of butchering and meat preparation carries purposes far beyond the merely pragmatic. “We all feel like something is wrong,” he says, pointing out that our alienation from the source of our own sustenance has profound effects on how we feel about life — its purpose, its meaning.

“Fundamentally, eating is death,” he says. “In order for us to eat, other things die. We have been raised to be infantile around our food, and especially around meat.”

For Tepperman, that act of killing and preparing meat is a tradition as old as humanity itself, and it creates a sense of connectedness to nature and to each other — the very foundation of human culture.■

For more information about Eugene Meat Collective, including a schedule of upcoming classes, visit eugenemeatcollective.com, visit the EMC Facebook page, call 408-489-0819 or send an email to eugenemeatcollective@gmail.com.



Photos by Lindsey Bell

February is Ashland Culinary Month including Restaurant Week (Feb. 5th - 11th)

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LOCAL LOVE

Only locally sourced ingredients make up the treats
at Springfield's **100 Mile Bakery**

BY MORGAN THEOPHIL

When searching for a tasty treat during these seemingly endless cold months, put on your scarf, brace the brisk air and head over to downtown Springfield's 100 Mile Bakery. The moment you walk in the door, you're sure to be charmed by the down-home, cozy space and delightfully overwhelmed with the smells coming from the kitchen.

Everything that comes out of the kitchen, which owner Leda Hermecz built herself, was grown within the surrounding 100 miles. The food is blissfully local, primarily organic and so delicious that people come from far and wide to try it.

"This is the perfect small place to have this business," Hermecz says. "I love the non-pretentious, cozy feel, and this area is more caring about local organic food than most of the country."

The menu has something for everyone, and the

employees make you feel at home from the moment you walk in. Moreover, the simple seating is snug, creating a cozy escape from the weather, and the unique local art lining the walls is perfect for admiring as you enjoy your food.

The blackberry barley bar is the bakery's most popular sweet treat — if it's not sold out for the day when you arrive, you won't want to pass it by. Made from local berries and topped with a shortbread crumble, it's not only beautifully constructed, but makes for a scrumptious delight available year-round.

Hermecz says that building caring, lasting relationships with customers, as well as those who grow the food they serve, matters greatly. "We operate very differently than most," she says. "We talk to the farmers and then design the menu based on what is growing and available, not the other way around."

The bakery's philosophy of staying local means the mouthwatering treats being served change throughout the

year, but whatever the goodness coming out of the kitchen, it is made and served with perfection. "I love timing food where it can be presented at its best," Hermecz says. "What's growing locally is what we'll have, and it's what we'll use."

The handmade savory goods are as warm and delicious as the sweet treats: Quiches, chicken and dumplings, soups and seasonal favorites are written up on a rustic windowpane menu so distinctively that you'll want to try them all.

To top it all off, the bakery offers locally roasted coffee and delightful teas to enjoy alongside the food. As I devoured my strawberry rhubarb bar, I enjoyed a cup of what Hermecz called "warm, local love" — organic Earl Grey tea with local lavender syrup that is perfect for warming your hands, and your heart, on a cold day. This bakery is sure to please. ■

100 Mile Bakery is open from 9 am to 5 pm Monday through Saturday at 418 A Street in Springfield. For more information visit 100milebakery.com.



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PHOTOS BY TODD COOPER

A NEW TASTE OF INDIA

Curry Bowl offers rotating lunch buffet

BY MAX THORNBERRY

SAG PANEER

If you are still mourning the loss of Taste of India, Curry Bowl will help you move right along through your grieving process. The buffet style lunches and ever-changing menu are sure to keep customers flocking back time after time.

Srinath Krishna Burma — or Krishna as everyone calls him, “because it’s so long,” he says — owns Curry Bowl, the new restaurant that replaced Taste of India.

Originally from Hyderabad in southern India, Burma has been in the restaurant industry for 25 years. Serving food — and especially serving people — is his passion.

If you go for lunch, bring your appetite. The buffet changes every day with a few exceptions. The tandoori chicken — drumsticks marinated in yogurt, herbs and spices — falls right off the bone and is a crowd favorite that’s always available. Don’t be afraid to ditch your fork and dig right in with your fingers. The crispy, but tender naan bread serves as a perfect, edible napkin. Meat lovers also have chicken tikka masala, which the menu describes as “boneless chicken in cream sauce.”

If meat isn’t your thing, you can feast on the veggie masala, featuring vegetables cooked in a spicy curry. Don’t let “spicy” scare you off though. Curry Bowl doesn’t have anything that will leave you sweating unless you want to add your own spice.

SRINATH KRISHNA BURMA, CURRY BOWL OWNER



PHOTOS BY TODD COOPER

Curry Bowl hasn’t been in Eugene long. Burma still commutes from Beaverton every day, but he says he will be moving soon. He says he has only gotten positive feedback from customers, and if something wasn’t perfect, they gave him the chance to make it up to them.

If you’re in a rush you can save a couple of bucks and get food to go. Burma has patrons whom he says come by every day. He says people should try the new restaurant for themselves.

“People should know that we use top-grade ingredients,” Burma says, “and our chef is a very experienced guy. He knows how to blend the spices and how to make good dishes.” ■

Curry Bowl is open from 11 am to 2:30 pm for lunch and 5:30 pm to 9:00 pm for dinner, Tuesday through Sunday, at 2493 Hilyard Street. For more information call 541-654-8118.

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POLYNESIAN PARADISE

LovaKava is an alternative tea bar dedicated to that calming root BY EMILY DUNNAN

Why would you drink a dirt-flavored tea made from powdered Polynesian plant roots? Because it feels amazing. The kava root, visually reminiscent of the weeds in my backyard, is a psychoactive substance prepared as a tea, paste, extract or powder.

The earthy taste of kava recalls either that one time you accidentally ate something covered in dirt, or things that are supposed to taste like dirt, such as Chinese *pu'ehr* tea — which also has psychotropic effects.

LovaKava, Eugene's new kava bar, regularly offers two blends of house-brewed kava tea: Vanuatu (calming and sedative) and Samoan (energizing and uplifting). The tea is made daily in a traditional wooden mixing bowl from Fiji and served in smooth coconut shells.

If you prefer a lighter effect, you can get kava extract added to kombucha (producing "kavabucha") or any of the delicious fruit smoothies on the menu. I tried kava extract in the chocolaty smoothie "Natasha's Pasha Love"; it felt a little like a caffeine high without the jitters.

But LovaKava serves more than drinks: Its vegan kitchen recently rolled out a winter menu including Hawaii hummus, "Captain Ahab" avocado toast and a hearty gluten-free black bean soup. Everything on the menu is under \$10.

Kitchen manager Cassie Powell says her favorite thing about working at LovaKava is the chill, Zen atmosphere. "It's not your typical bar. You can come in and relax without worrying about disorderly people," she says. Powell points out that it's also a good evening hangout for minors.

The earthy tones of LovaKava's interior match the flavor of its eponymous tea. Paintings by the "kavatenders" — kava bartenders — overlook tan beanbags, leather chairs and couches that face a corner dedicated to live performances. The bar hosts weekly live music events and open talent nights. ■

LovaKava is open noon to midnight Sunday through Thursday, and noon to 1 am Friday and Saturday at 120 W. Broadway. Kava happy hour — though you could argue every hour with kava is a happy one — is 2 pm to 7 pm Monday through Thursday. Find event announcements and more information at facebook.com/lovakava.

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